

I claim:

1. A nutritional supplement for administration to humans, the supplement comprising:

vitamin A;

5 vitamin C;

vitamin D;

a bioflavonoid; and,

zinc monomethionine.

10 2. The nutritional supplement of claim 1, wherein the bioflavonoid is lemon bioflavonoid.

3. The nutritional supplement of claim 1, wherein vitamin A is in the form of natural fish liver oil and substantially excludes betacarotene.

15 4. The nutritional supplement of claim 1, wherein the vitamin D is in the form of natural fish liver oil.

5. The nutritional supplement of claim 1, further including about 10 mg of rose hips.

6. The nutritional supplement of claim 1, wherein the nutritional supplement is substantially free of yeast, wheat

gluten, milk or dairy additives, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

5 7. The nutritional supplement of claim 1, further including a pharmaceutically acceptable agent or carrier selected from the group consisting of soybean oil, gelatine, maltodextrin, glycerin, cellulose, magnesium stearate, water, silicon dioxide, ethylcellulose, and combinations thereof.

10 8. The nutritional supplement of claim 1, wherein a dosage for each supplement component comprises: Zinc monomethionine 10 mg to about 150 mg; vitamin A 5,000 IU to about 60,000 IU; vitamin D 400 IU to about 1,600 IU; vitamin C 50 mg to about 10,000 mg; and bioflavonoid 1 mg to about 1000 mg.

9. The nutritional supplement of claim 1, wherein the supplement comprises:

15 about 30,000 I.U. of vitamin A;
 about 2000 mg of vitamin C;
 about 1,200 IU of vitamin D;
 about 500 mg of bioflavonoid; and,
 about 30 mg of zinc monomethionine.

20 10. The nutritional supplement of claim 8, wherein the bioflavonoid is lemon bioflavonoid.

11. The nutritional supplement of claim 8, wherein vitamin A is in the form of natural fish liver oil and substantially excludes betacarotene.

12. The nutritional supplement of claim 8, wherein the vitamin D is in the form of natural fish liver oil.

13. The nutritional supplement of claim 8, additionally containing about 10 mg of rose hips.

14. The nutritional supplement of claim 8, wherein the nutritional supplement is substantially free of yeast, wheat gluten, milk or dairy additives, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

15. The nutritional supplement of claim 8, further including a pharmaceutically acceptable agent or carrier selected from the group consisting of soybean oil, gelatine, maltodextrin, glycerin, cellulose, magnesium stearate, water, silicon dioxide, ethylcellulose, and combinations thereof.

16. A kit for providing a nutritional supplement for administration to humans, the kit comprising:

an individually packaged set of pills, wherein each set of pills provide vitamin A, vitamin C, vitamin D, a bioflavonoid, and zinc monomethionine.

5 17. The kit of claim 16, wherein the bioflavonoid is lemon bioflavonoid.

18. The kit of claim 16, wherein vitamin A is in the form of natural fish liver oil and substantially excludes betacarotene.

19. The kit of claim 16, wherein the vitamin D is in the form of natural fish oil.

10 20. The kit of claim 16, wherein the supplement additionally contains about 10 mg of rose hips.

21. The kit of claim 16, wherein the set of pills is substantially free of yeast, wheat gluten, milk or dairy additives, corn, sodium, sugar, starch, artificial coloring, 15 preservatives or flavoring.

22. The kit of claim 16, wherein one or more pill of the set of pills further includes a pharmaceutically acceptable agent or carrier selected from the group consisting of soybean oil,

gelatine, maltodextrin, glycerin, cellulose, magnesium stearate, water, silicon dioxide, ethylcellulose, and combinations thereof.

23. The kit of claim 16, wherein a dosage for each supplement component comprises: zinc monomethionine 10 mg to about 150 mg; vitamin A 5,000 IU to about 60,000 IU; vitamin D 400 IU to about 1,600 IU; vitamin C 50 mg to about 10,000 mg; and bioflavonoid 1 mg to about 1000 mg.

24. The kit claim 16, wherein the supplement comprises:

about 30,000 I.U. of vitamin A;
about 2000 mg of vitamin C;
about 1,200 IU of vitamin D;
about 500 mg of bioflavonoid; and,
about 30 mg of zinc monomethionine.